



Spicy Southwestern-style Hot Crab Dip

READY IN



45 min.

SERVINGS



5

CALORIES



673 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup milk
- 1 cup salsa
- 24 ounce cream cheese cubed
- 16 ounces crab meat
- 1 cup spring onion thinly sliced
- 4 ounce to 2 chilies slit green chopped canned
- 5 servings round buttery crackers assorted

Equipment

slow cooker

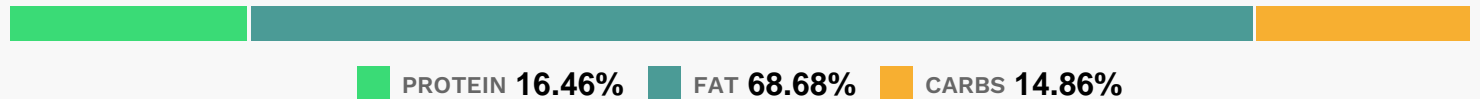
Directions

Combine milk and salsa.

Transfer to a slow cooker coated with nonstick cooking spray. Stir in cream cheese, crab, onions and chilies. Cover and cook on LOW for 3 to 4 hours, stirring every 30 minutes.

Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:19.4, Glycemic Load:2.76, Inflammation Score:-9, Nutrition Score:27.399565217391%

Flavonoids

Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 673.44kcal (33.67%), Fat: 51.99g (79.98%), Saturated Fat: 28.91g (180.7%), Carbohydrates: 25.3g (8.43%), Net Carbohydrates: 22.73g (8.26%), Sugar: 10.8g (11.99%), Cholesterol: 178.47mg (59.49%), Sodium: 1755.93mg (76.34%), Protein: 28.03g (56.07%), Vitamin B12: 8.6µg (143.26%), Selenium: 46.51µg (66.45%), Vitamin K: 54.51µg (51.92%), Vitamin A: 2337.82IU (46.76%), Copper: 0.93mg (46.57%), Phosphorus: 436.64mg (43.66%), Zinc: 6.46mg (43.05%), Vitamin B2: 0.46mg (27.1%), Calcium: 257.34mg (25.73%), Folate: 78.56µg (19.64%), Magnesium: 74.47mg (18.62%), Potassium: 609.69mg (17.42%), Vitamin B6: 0.34mg (17.02%), Vitamin C: 13.82mg (16.75%), Vitamin E: 2.49mg (16.57%), Vitamin B5: 1.36mg (13.63%), Vitamin B3: 2.62mg (13.08%), Vitamin B1: 0.18mg (12.26%), Manganese: 0.22mg (11.24%), Iron: 1.91mg (10.64%), Fiber: 2.57g (10.29%), Vitamin D: 0.27µg (1.79%)